

Last Class

December 03, 2017

Today's Agenda

- opening comments
- When Harry Met Meghan
- TV clips and lunch
- finish Managing Happiness
- Q & A session

We may want
to swap these.



Thanks for the feedback.

- small font
- clumsy logic
- dry material
- examples, TV clips
- homework

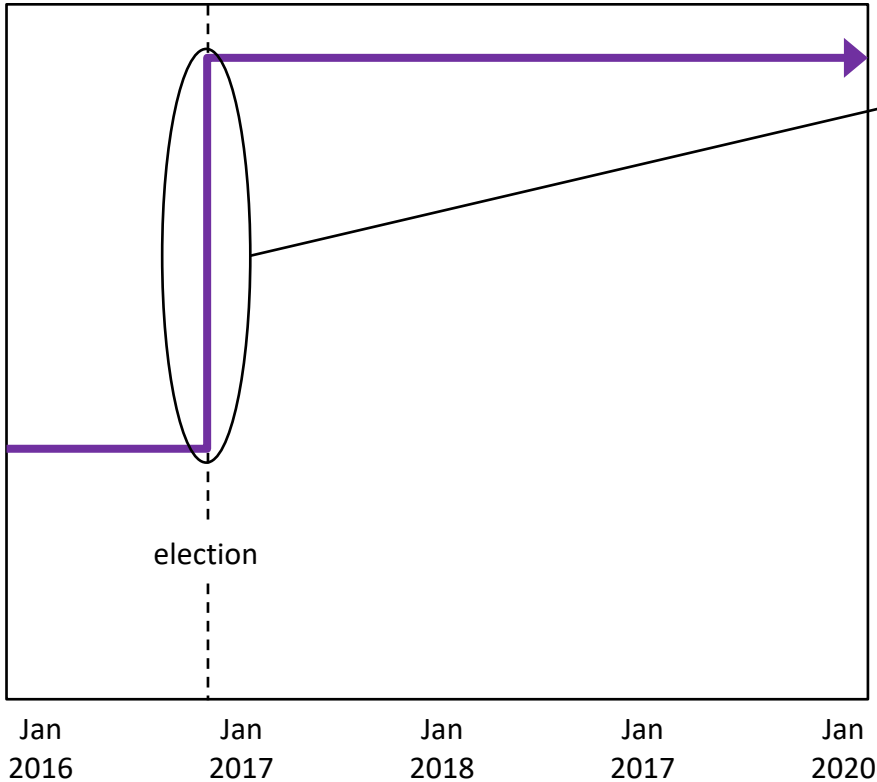
There are only four major sources of happiness.

	emotions	activity
necessary	affection	socializing
<hr/>		
optional	pride	career
optional	monogynic love & infatuation	romance
optional	maternal love	children

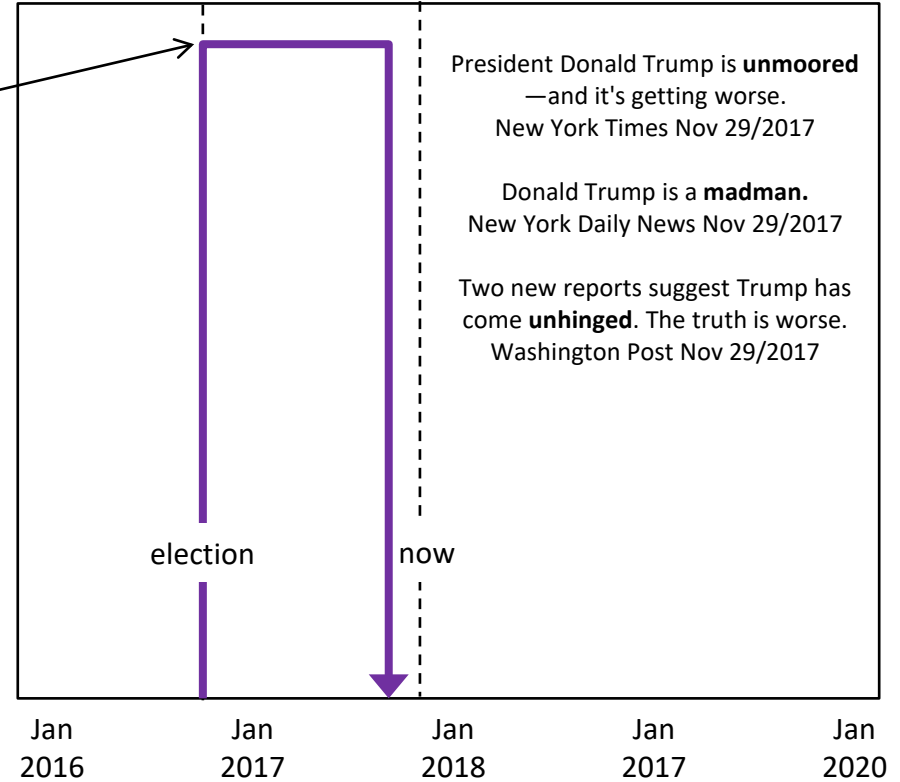
Ideally, you get happiness from affection and one other major positive.

Trump is changing right on schedule.

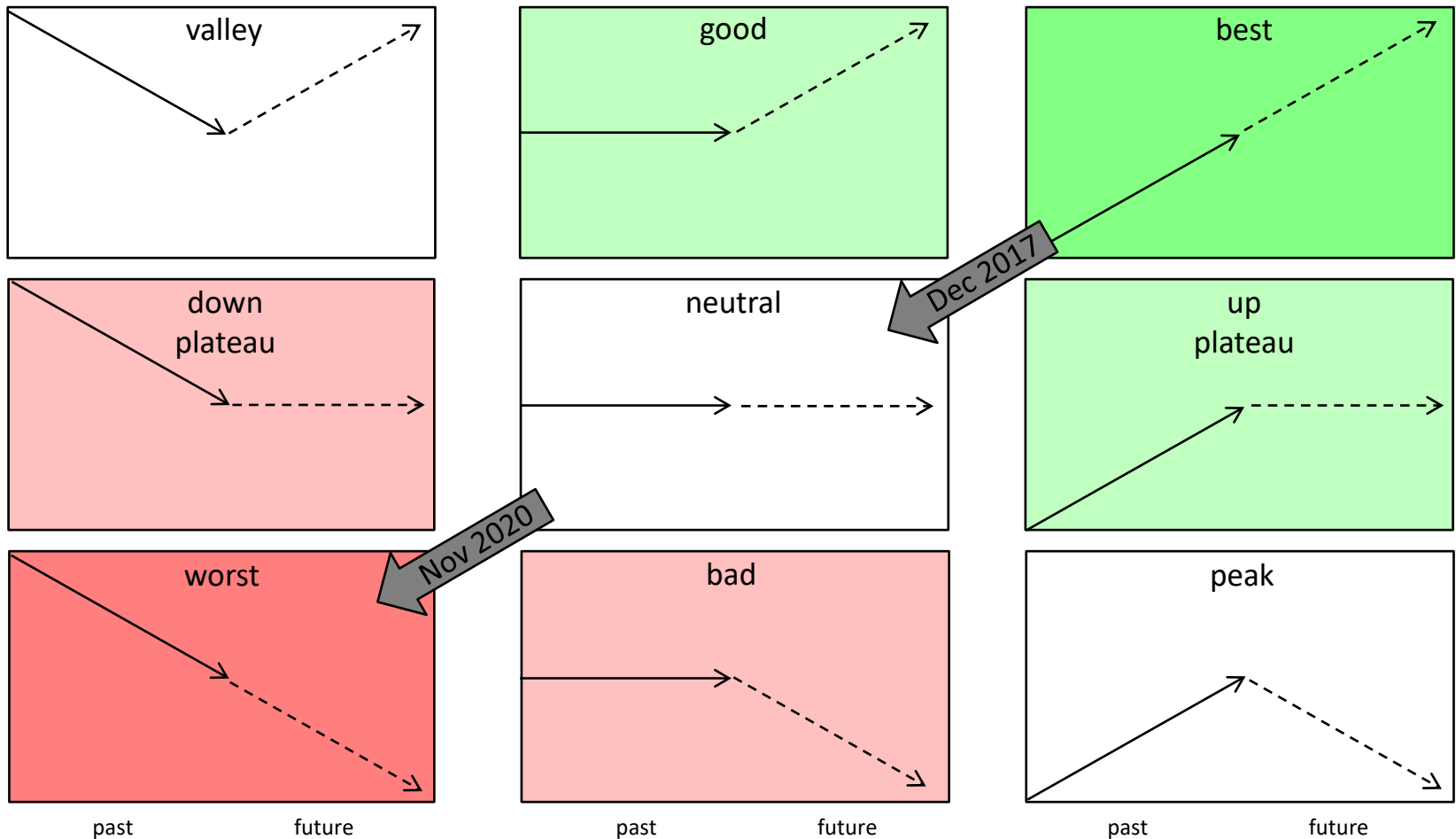
Trump's rank



Trump's pride



Trump has moved from the best to the neutral scenario.



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Let's start by listing the major positive emotions that Harry could feel.



- monogynic love
- affection
- visual pleasure
- pride

Did Harry fall in love with Meghan?

- Was Meghan a stranger?
 - ✓ They met on a blind date – June 2016.
- Did Megan show Harry an hourglass figure for 4 months?
 - ✓ Yes, obviously.
- Did their interaction grow to be full-time by the end of month 4?
 - ? Not sure – particularly for the famous.



Did they spend enough time together to make Harry fall in love?

After one date, they immediately arranged to see one another the following day.

"And then it was like, right, diaries. We need to get the diaries out and find out how we're going to make this work, because I was off to Africa for a month, she was working. And we just said right where's the gap? And the gap happened to be in the perfect place," the Prince said.

Several weeks later - their third date - they carved out **five days for a camping trip to Botswana.**

"We camped out with each other under the stars," Harry said. "She came and joined me for five days out there, which was absolutely fantastic.

"We were really by ourselves, which was crucial to me to make sure we really got to know each other."

After that, and in between the gruelling Suits filming schedule, the couple flew backwards and forwards between London and Toronto every two weeks, unnoticed by the public for months.

With the modern world of smart phones making it too difficult to date publicly, **they instead spent time with "cosy nights in in front of the television, cooking dinner in our little cottage"**, said Prince Harry.

"It's made us a hell of a lot closer in a short space of time.

"For us, it's an opportunity for really getting to know each other without people looking or trying to take photos on their phones."

Harry's behavior confirmed that he had fallen in love – right on schedule.

On **November 8 2016**, Kensington Palace issued this strongly worded statement defending Meghan.

Since he was young, Prince Harry has been very aware of the warmth that has been extended to him by members of the public. He feels lucky to have so many people supporting him and knows what a fortunate and privileged life he leads.

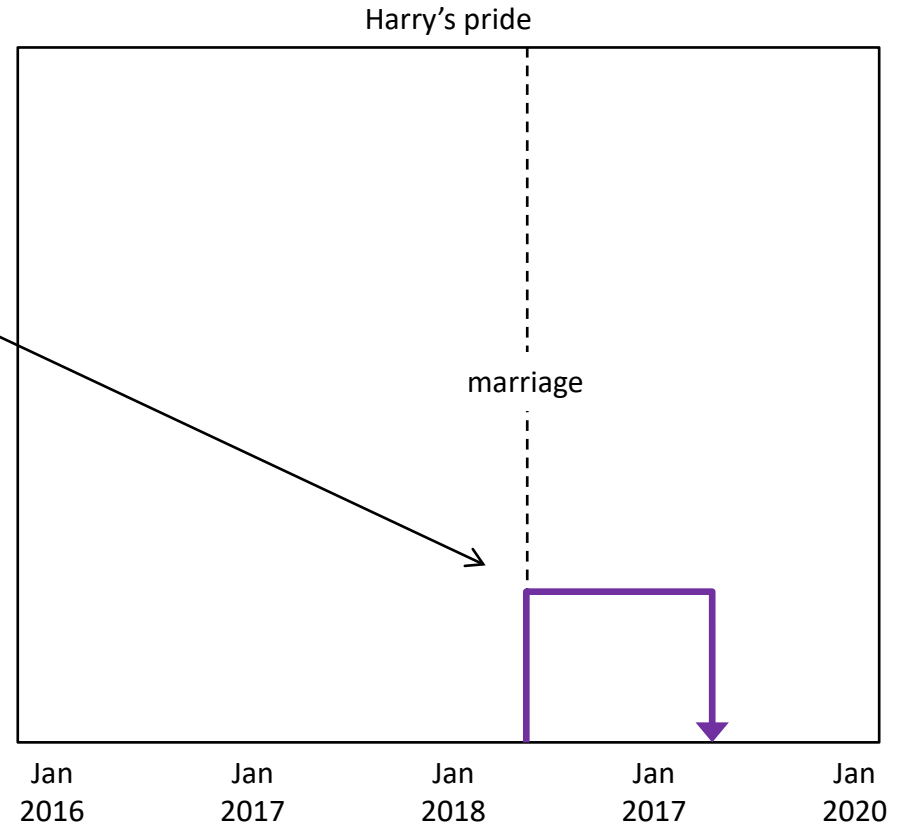
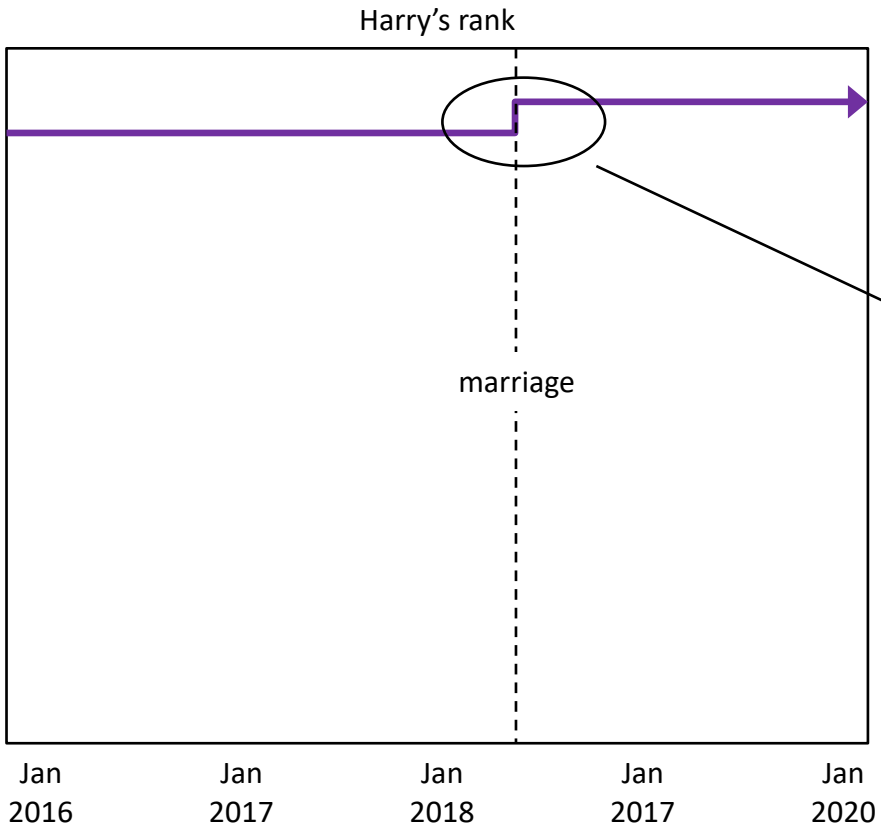
He is also aware that there is significant curiosity about his private life. He has never been comfortable with this, but he has tried to develop a thick skin about the level of media interest that comes with it. He has rarely taken formal action on the very regular publication of fictional stories that are written about him and he has worked hard to develop a professional relationship with the media, focused on his work and the issues he cares about.

But the past week has seen a line crossed. His girlfriend, Meghan Markle, has been subject to a wave of abuse and harassment. Some of this has been very public - the smear on the front page of a national newspaper; the racial undertones of comment pieces; and the outright sexism and racism of social media trolls and web article comments. Some of it has been hidden from the public - the nightly legal battles to keep defamatory stories out of papers; her mother having to struggle past photographers in order to get to her front door; the attempts of reporters and photographers to gain illegal entry to her home and the calls to police that followed; the substantial bribes offered by papers to her ex-boyfriend; the bombardment of nearly every friend, co-worker, and loved one in her life.

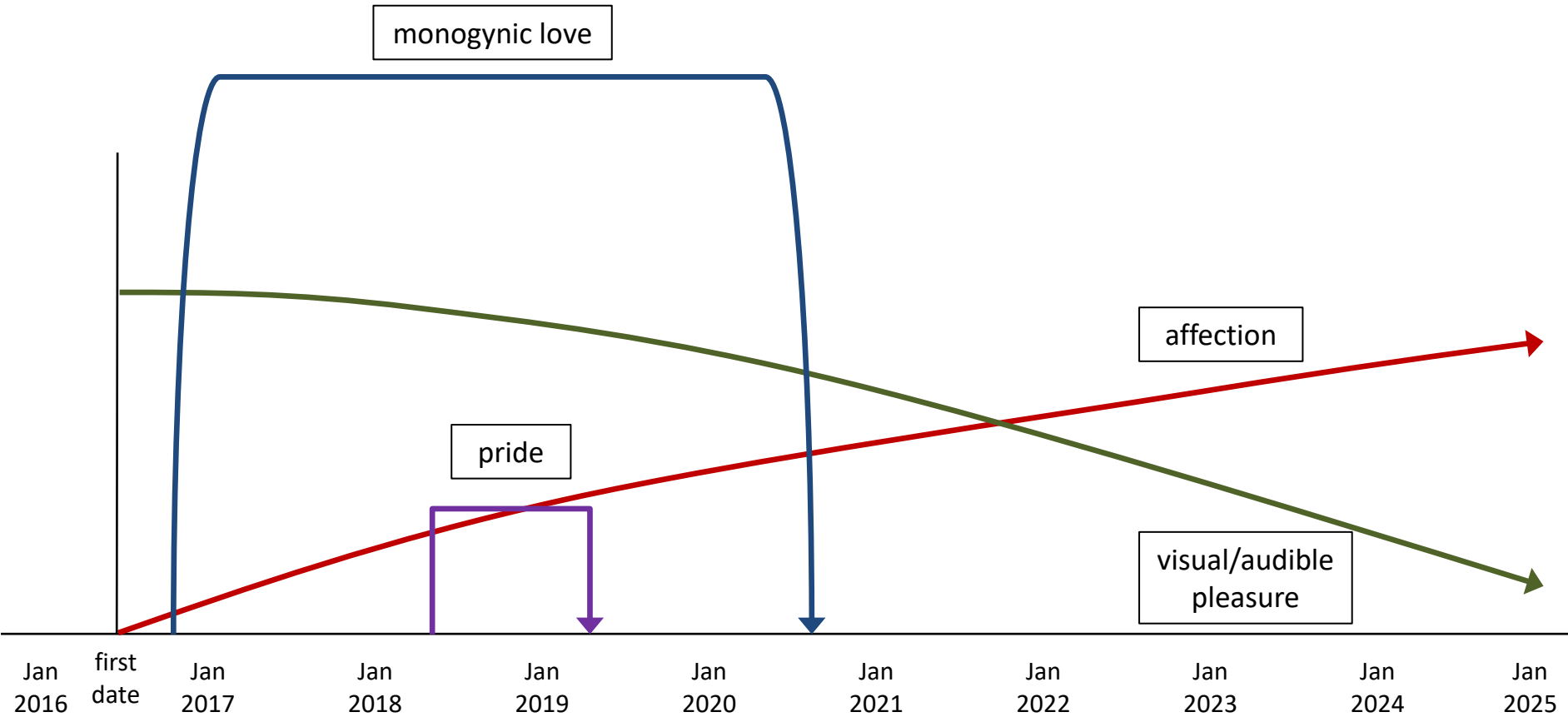
Prince Harry is worried about Ms. Markle's safety and is deeply disappointed that he has not been able to protect her. It is not right that a few months into a relationship with him that Ms. Markle should be subjected to such a storm. He knows commentators will say this is 'the price she has to pay' and that 'this is all part of the game'. **He strongly disagrees. This is not a game - it is her life and his.**

He has asked for this statement to be issued in the hopes that those in the press who have been driving this story can pause and reflect before any further damage is done. **He knows that it is unusual to issue a statement like this**, but hopes that fair-minded people will understand why he has felt it necessary to speak publicly.

Harry may feel pride, but not much.



Harry's happiness will drop in the fall of 2020.



Let's now list the major positive emotions that Meghan could feel.



- infatuation
- affection
- pride

Did Meghan become fully infatuated with Harry?

- Was Harry a stranger?

- ✓ They met on a blind date – June 2016.

- Is Harry of equal-or-higher rank?

- ✓ Yes, obviously.

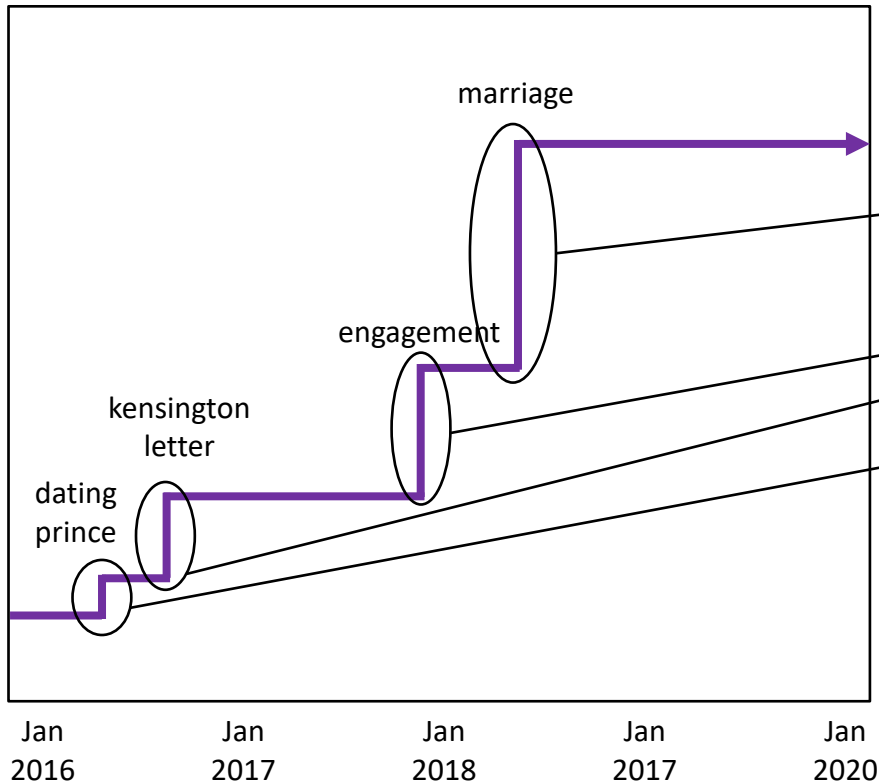


- Did Harry show attraction frequently enough that Meghan reached stage two infatuation?

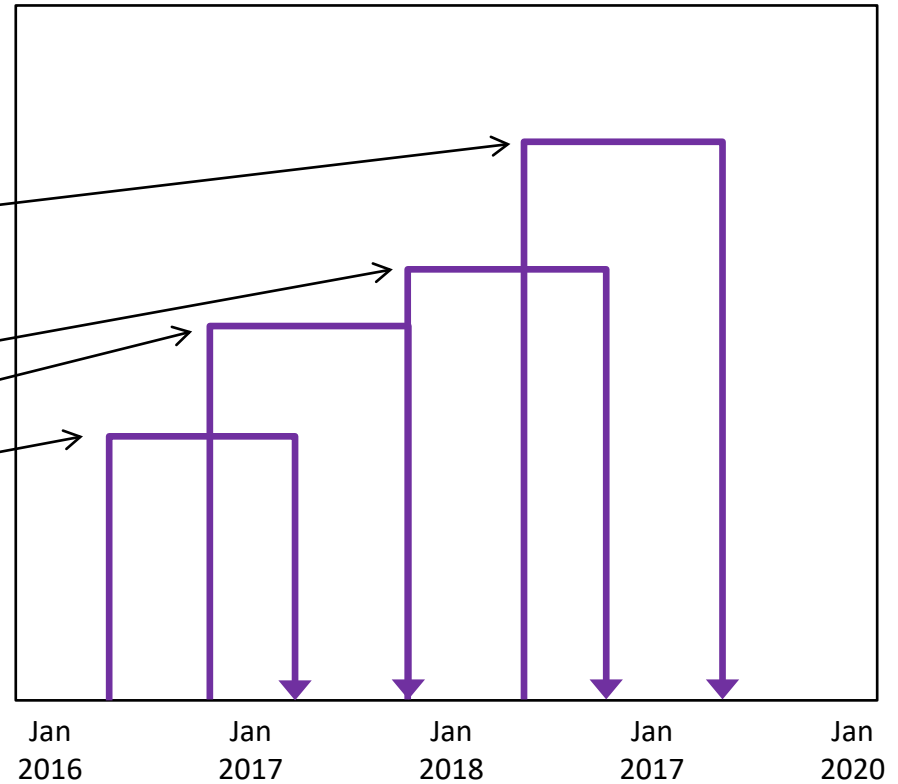
- ✓ Probably since they clearly spent enough time for Harry to fall in love. (Only way to know for sure is temporary elevation of vaginal pleasure/lubrication.)

Meghan has and will continue to feel very strong pride.

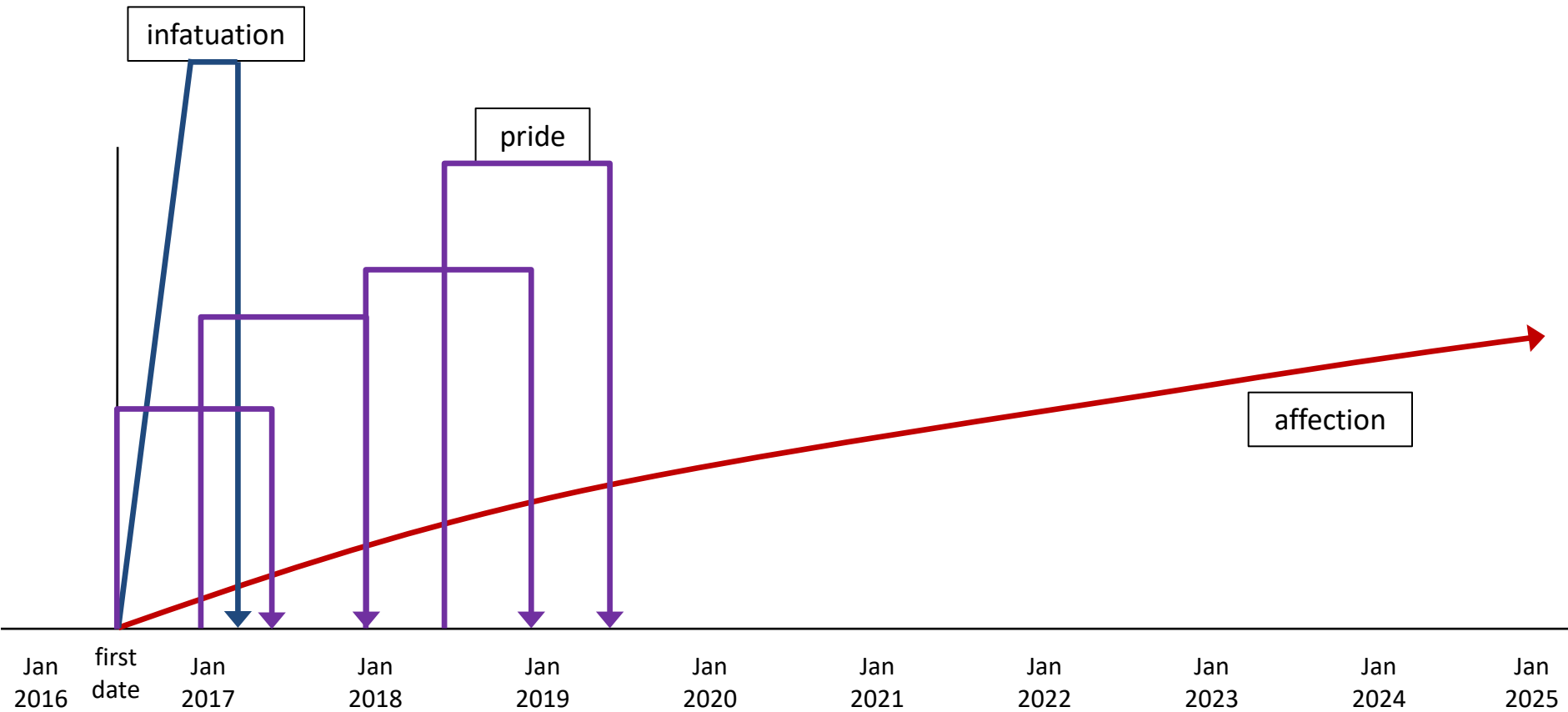
Meghan's rank



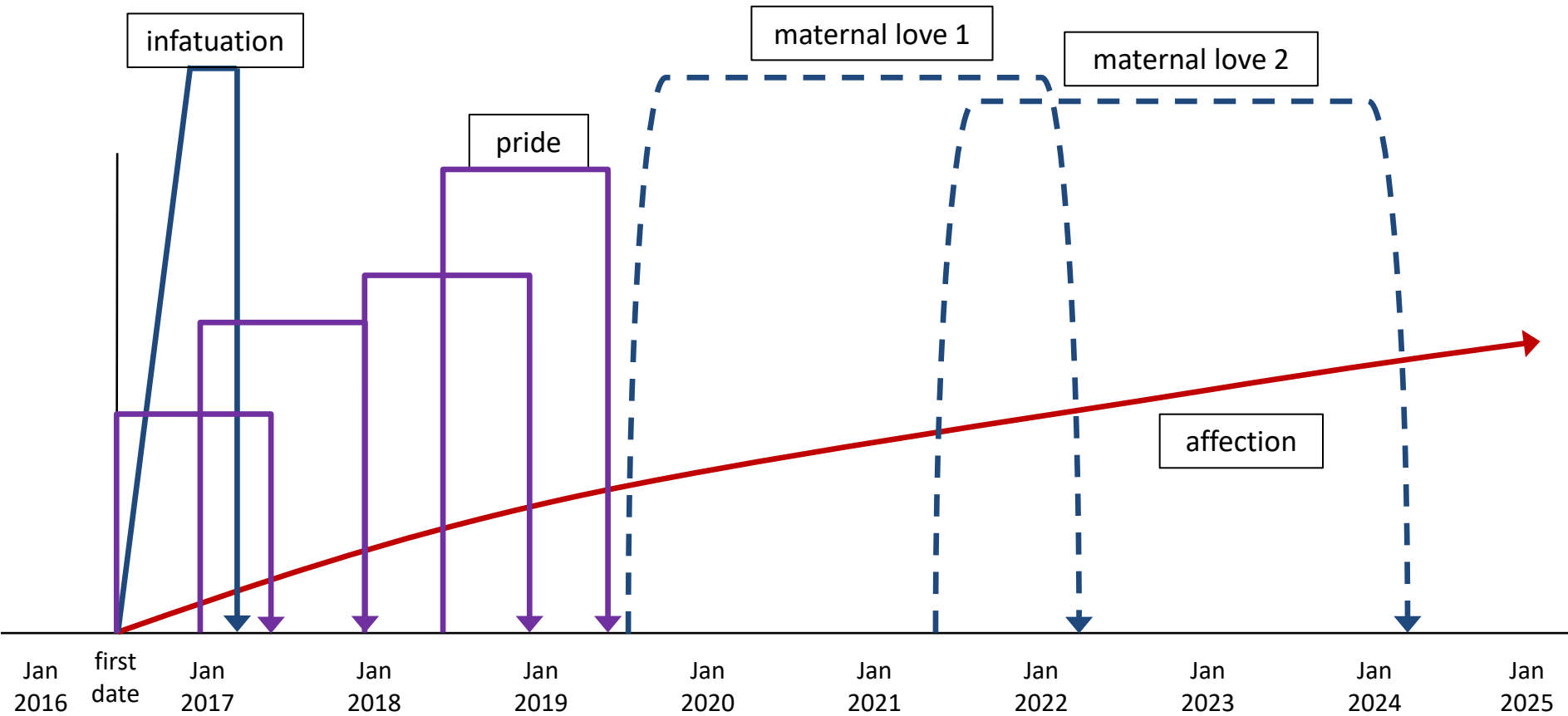
Meghan's pride



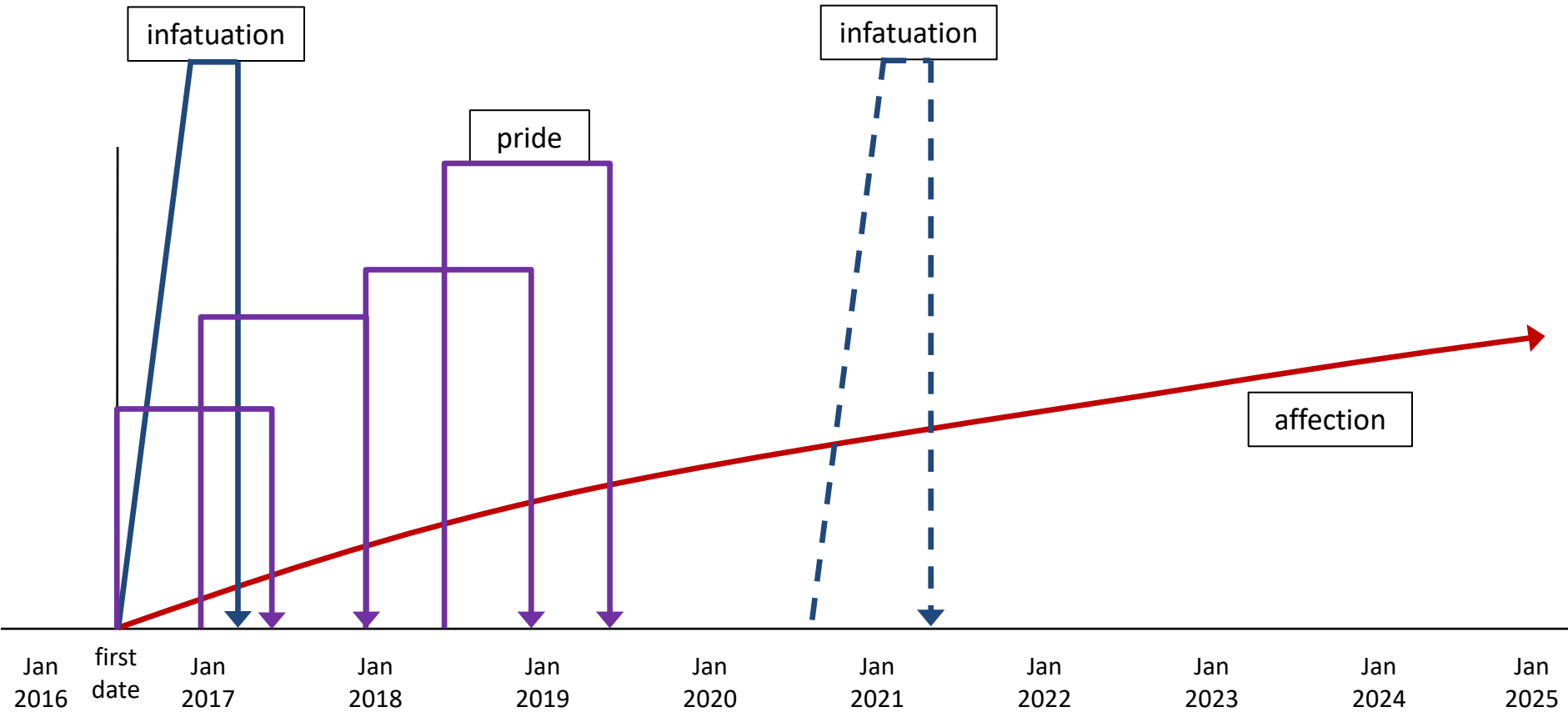
Meghan's happiness will drop in the fall of 2019 – unless . . .



... unless she has children like Kate or Diana did ...



... or she could pursue more infatuation as Diana did ...



. . . when she met James Hewitt . . .



Diana also admitted to the BBC that she had an affair while married to Charles with James Hewitt.

When asked if she was "unfaithful" with Hewitt, she answered, "Yes, I adored him. Yes, I was in love with him."

. . . Harry's father.



James Hewitt

Prince Harry

Prince Charles



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TV Clips



- reality television
- Million Dollar Listing New York
- agents selling residential real estate



Situation #1: Ryan



- joined show in 2010
- sales and fame rocketed
- sales and fame growth has slowed
- met his wife in 2011, married in 2016



Situation #2: Steve & Fredrick



- Fredrick has been in Paris for a few days
- Steve and Fredrick meet at Fredrick's event
- Steve meets Fredrick's client at the event
- Steve arranges to meet Fredrick's client in NY
- next day Steve and Fredrick meet at a cafe
- Steve tells Fredrick about his upcoming lunch meeting with Fredrick's client

Situation #3: Luis



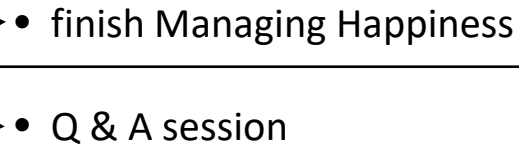
- joined show in 2012
- had mixed results compared to others
- no obvious relationships during show
- left show in 2015 to go to Paris
- Fredrick and Ryan advised against move
- Luis got angry that they weren't supportive
- has been in Paris for about a year
- don't think he has been working
- don't think he has met friends or girlfriend
- Fredrick and Ryan visit Luis at his Paris apt.



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- 
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Sunday November 26

10:30am – 10:45am last week - questions/comments

10:45am – 12:00pm social emotions
primary rank emotions


12:00pm – 12:30pm lunch break

12:30pm – 2:00pm romantic emotions
parental emotions
humour
scenic sensations
sexual sensations
eating sensations
hazards

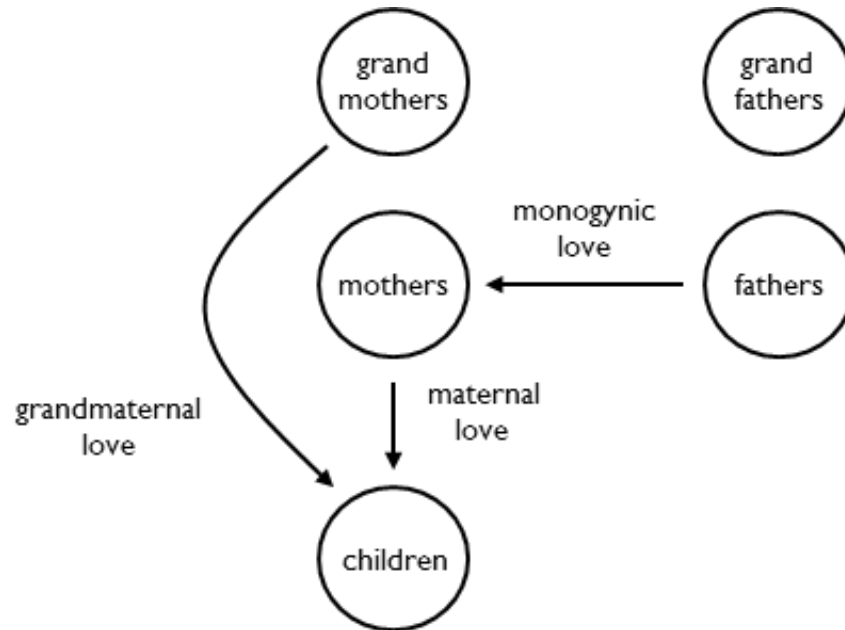


The parental emotions are the fourth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
children	4. parental	maternal love grandmaternal love	Are you a mother or grandmother?
comedy/gossip	5. humor	humor, laughter	Do you enjoy humor > 4 hrs/wk?
scenery/travel	6. scenic	pleasing scenery excitement, boredom	Do you see lush scenery daily? Do you see new scenery annually?
sex	7. sexual	sexual pleasure lust	Do you consider sex important?
food	8. eating	pleasing taste hunger	Are you overweight?
threats	9. hazards	envy revenge, anger compassion, selfish guilt	Do you feel envy most days? Do you get angry most days? Do you feel sorry for others most days?



The only people who feel parental love are mothers and grandmothers and only for 33 months.



Maternal love is a peak women can choose to feel a few times.

- maternal love is the strongest positive emotion anybody will feel
 - maternity substantially reduces a mothers survival for years
 - it harms a mother's survival more than other behavior
 - grandmaternal love is strong, but not as strong as maternal love
- although it's the strongest emotion, maternal love applies to few people
 - far fewer than the higher priority emotions – affection, love or infatuation
- unlike the social and primary rank emotions, maternal love is a choice
 - although there is much cultural pressure, you don't have to have children

Mothers should expect a bump to happiness.

- expect a big increase in happiness at birth of child
 - “a mind blowing experience”
- expect a big drop in happiness when child is 33 months old
 - reality of having child will not be offset anymore
 - also when child starts feeling revenge, envy, humiliation
 - and still face threat of maternal grief after 33 months
- should not misinterpret drop in happiness
 - not depression, not marriage, not fitness
 - just a return to normal happiness

Grandmothers should also expect
a bump to happiness and conflict with mother.

- expect a big increase to happiness at birth of a grandchild
 - just news of a daughter's pregnancy causes outbursts
- expect a big drop in happiness when grandchild is 33 months old
 - don't misinterpret the drop – not depression
 - don't add to daughter's drop – adjust together
- expect conflict with mother
 - mother and grandmother both motivated by child's happiness
 - will compete to make child happy to feel love

People around mothers and grandmothers
should expect their bump in happiness.

- expect mothers/grandmothers to be less interested in you
 - fathers, grandfathers, children, friends, employers
 - they will be preoccupied with the new child/grandchild
- expect their happiness to drop when child/grandchild is 33 months
 - try to be understanding of the loss
 - consider plans that will offset the loss
 - consider explaining why it happens

Humour is the fifth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
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Humour has many positives and only one negative.

- can be moderately strong
 - a good joke as good as a good compliment
- easy to get or feel anytime anywhere
 - thanks to modern entertainment
- can also feel affection at the same time
 - from friends who join you or comedian
- no downside risk
 - can't get too much like pleasing taste
 - no threat like humiliation, jealousy or grief
- only negative – must be new to be funny
 - minor problem today

Aim to enjoy humour 4 hours a week.

- humour should be enjoyed as much as feasible
 - given it's many positives, shame to miss the opportunity
 - "Humour is mankind's greatest blessing." – Mark Twain
- setting a minimum of 4 hours is 10% of free time
 - 7 x 24 equals 168 hours/week
 - subtract 68 hours for eat/sleep
 - subtract 60 hours for work/commute
 - leaves 40 hours/week for free time
- you can reach that goal using a wide variety of sources
 - sit-coms, movies, gossip, TMZ, stand-up acts

Strive to feel the strongest humour.

- finding the best humour no longer requires trial-and-error
 - just look for mistakes you're most likely to make
- a little research can usually identify which mistakes will be the focus
 - critical reviews, movies descriptions, comedian websites
- may be forced to go alone or find strangers who make similar mistakes
 - humour from The Three Stooges or Monty Python is not for everyone
- or you may have to compromise to be with friends or family
 - rom-coms try to provide an even blend of male and female mistakes
- approach this source of happiness the way gourmets approach food
 - proactively learn what and where the best humour is for you

Develop the habit of using humor to diagnose your fears.

- what you find most humorous is what you most worry about
 - if you like to gossip about people being gay, you probably are
 - if you like to criticize others for having a cheating spouse, you are probably worried about yours
- to identify what you find most humorous note what makes you laugh
- also note what jokes you remember or create
 - assuming you're not tailoring your jokes to your audience
- also note what topics you like to gossip or criticize others about
 - topics you like to tell others
 - topics you liked hearing from others

Develop the habit of using humor to diagnose other's fears.

- note what makes others feel humour
 - what makes them laugh
 - what jokes do they like telling
 - what topics do they like to gossip or criticize others about
- apply to everybody around you
 - spouses – do they gossip about adultery?
 - children – do they criticize others for doing drugs?
 - parents – do they like telling jokes about incontinence?
 - bosses – do they particularly enjoy jokes about drinking?
 - subordinates – do they gossip about peers failing?
 - colleagues – do they criticize others for being sexist?
- use the insights to help some and avoid others

The scenic sensations are the sixth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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Pleasing scenery and excitement are appealing, underused sources of happiness.

- not commonly thought of as source of happiness
 - relatively weak mental effects
- easy to enjoy – little work required
 - pleasing scenery: almost anytime, anywhere
 - excitement: within a short time with modern transportation
- can be enjoyed while pursuing other sources of happiness
 - while socializing for affection, exercising to feel pride
- can't get too much
 - like obesity from too much pleasing taste

Maximize pleasing scenery by
surrounding yourself with lush scenery.

- at home
 - live near parks
 - buy/rent homes facing lush scenery
 - add landscape paintings and indoor plants
- at work
 - choose companies or offices that have plants or parks
 - choose careers that involve lush scenery
- socializing/exercising
 - use parks for walking with others, jogging or dog walking

Maximize excitement and stop boredom

by routinely visiting novel scenery.

- once a year, vacation in a new location
 - the more novel to you, the better
- once a quarter, drive to nearby novel scenery
 - spend a long weekend at a B&B in the countryside
 - visit nearby cities or towns
- daily, look for novel scenery doesn't require travel
 - watch travel programs on television
 - look at travel glossy magazines in waiting rooms

The sexual sensations are the seventh priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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Sexual pleasure is an
overused, overvalued source of happiness.

- yes, sexual pleasure can be a very strong sensation
- however, it's an infrequent and short-lived pleasure
- and it requires work and has downsides
- happiness is never determined by sex
 - you can have great sex and be unhappy
 - you can have no sex and be happy

Do you consider sex important to happiness?

- if you answer yes, you put too much emphasis on it
 - you are not putting enough emphasis on other sources of happiness, like affection or pride
- if you answer no, you don't need to make any changes
 - it's a low priority – where it should be
 - sex does not need any planning or management
 - it doesn't need more attention that it already receives

When thinking about others remember how the genders differ!


men should remember that:

- women do not feel lust
- women do not feel visual pleasure
- women do feel vaginal pleasure, but it's only elevated during months 4-8 of a relationship
- women do feel clitoral orgasm, not vaginal orgasm
- what women really enjoy is infatuation, not sex

women should remember that:

- men feel lust
- men feel visual pleasure
- the strength of visual pleasure men feel declines with a woman's novelty

The eating sensations are the eighth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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Pleasing taste is the easiest source of happiness and consequently the most overused source of happiness.

- pleasing tastes are the easiest way to be happy
 - very little work required
 - immediate and reliable
 - easy-to-understand
- quickest way to offset negative emotions
 - you stop feeling loneliness or humiliation when ice cream hits your tongue
- overuse driven by belief you should be happy
 - if you're unhappy, something is wrong
 - people correct this problem by eating
 - we're not supposed be happy

Are you overweight?

- if you're not overweight, move to the next priority
 - you should not change your eating
- if you're overweight, you rely on food too much for happiness
 - treat your extra weight as a symptom of a happiness problem
- replace pleasing taste with different positive emotion
 - instead of eating, go for a walk and enjoy pleasing scenery
 - instead of eating, go out with friends and enjoy affection
 - instead of eating, see a comedy and enjoy humour

The hazards are the ninth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
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Envy, revenge, compassion and guilt make you unhappy and harm you.

- hazards cause unhappiness
 - envy, revenge, compassion, guilt are strong negative effects
- hazards are not linked to positives
 - like humiliation and pride or grief and maternal love
- hazards encourage particularly harmful behavior
 - envy can make you harm a peer
 - revenge can make you harm a stranger
 - compassion can make you harm yourself to help a stranger

Avoiding hazards is often the biggest opportunity to improve happiness.

- first inclination to improve happiness is more positives
 - feel more affection by socializing
 - feel more pride by working harder
 - feel more love or infatuation by finding romance
- however, this approach is usually already exhausted
 - obvious opportunities have been pursued
- less obvious is the opportunity to improve happiness by reducing negatives
 - feeling less envy or revenge as good as feeling more affection or pride
 - probably bigger opportunity given past focus on positives

If you feel hazards most days,
take more steps to avoid them.

- avoid situations that typically trigger these emotions
 - envy – don't socialize with people you envy
 - revenge – don't commute at peak times
 - compassion – avoid streets with panhandlers
- if you cannot avoid these situations, try to change your conclusion
 - envy – a higher-ranked peer is not doing better
 - revenge – the other driver swerved to avoid a child
 - compassion – your neighbour could have bought flood insurance
- if you cannot avoid these situations or conclusions, do and say nothing
 - don't even imagine doing something

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That's all folks!

